



## **Training Session Agenda** **Sunday, January 12<sup>th</sup>, 2020**

### **3:00-3:15**

Jog and Dynamic

### **3:15-3:30** *Pitchers/Catchers Separate onto small field (Bryan & Laurie)*

Catch and Throw

### **3:30-3:35**

Coaches Talk and explain defensive drills

### **3:40-4:00** *Primary Positions*

Full Infield- Louie & Brad (GB's, Full Distance Throws)

Full Outfield-Dan & Jace (Fly Ball Work, Communication among 2 fielders)

### **4:00-4:20** *Secondary Positions (P/C's come over and work other positions)*

Full Infield- Louie & Brad (GB's, Full Distance Throws)

Full Outfield-Dan & Jace (Fly Ball Work, Communication among 2 fielders)

### **4:20-5:00** *Hitting (14U & 16U) 18U with Coach Dan for remainder*

Group split in half

10-12 Stations

-3 PVC Pipe Drills

\*Pipe behind hips/butts; work the pipe through hitting zone

\*Shoulder tilt 50% speed

\*Full Swing 100%, do not let pipe touch ground

-2 Front toss stations, move L screens closer to divider net and make the front toss 10 or so, stress line drives, middle of field.

-Bunt station, squeeze & sacrifice

-Syracuse Drill; engage legs with rhythm

-Babe Ruth Drill with Pose; check posture and lower half

-Bucket Drill

-Frisbee Drill

### **5:00-6:00pm** Teams split up

\*Next week:

-will be heavy base running and will incorporate runners in with I/O

-will start to bring in hitters to track pitches vs live pitchers

-will cover defensive angles and area responsibilities

-begin to transition some focus onto attack angles and hand path toward ball to go with our pitch recognition.



## **Training Session Agenda** **Sunday, January 12<sup>th</sup>, 2020**

*"Master the little things"*

*"Don't do it until you get it right. Do it until you can't get it wrong"*

### **5:00 – 5:15 Hand/glove work**

- Start on knees with tennis balls and no gloves
  - Front, glove side & back hand (NO common starting ground)
  - Front, glove side & back hand (get to common starting ground)
- Knees with gloves
  - Front, glove side & back hand (NO common starting ground)
  - Front, glove side & back hand (get to common starting ground)
- Standing up with gloves
  - Front, glove side & back hand (NO common starting ground)
  - Front, glove side & back hand (get to common starting ground)

### **5:15 – 5:30 PPD's (Pre Pitch Dance)**

- Have a set routine before EVERY pitch (**Prepare** yourself to **WIN** every pitch)
  - **THIS IS NOT OPTIONAL.....players that choose FOCUS & EFFORT will play**
- One line across (checking stance and foot movement)
- 3 person drill with tennis balls
- 

### **5:30 – 5:45 SVT's (Sequence Variation Training)**

- One line across without balls
  1. Glove side
  2. Back hand
  3. Open step left
  4. Open step right
  5. Line drive/straight
  6. Attack slow roller (come around ball to set up feet)
- Split up into 2 groups with balls

### **5:45 – 6:00 Infield work**

- Hit a ground ball to short stop – throws or under hand flips to 2<sup>nd</sup> base then runs to 2<sup>nd</sup> base
- 2<sup>nd</sup> base receives throw/toss from SS and uses double play footwork on throw to 1<sup>st</sup> base then runs to 1<sup>st</sup> base
- 1<sup>st</sup> base receives throw (proper 1<sup>st</sup> base footwork) from 2<sup>nd</sup> base and then runs to 3<sup>rd</sup> base
- 3<sup>rd</sup> base receives throw from 1<sup>st</sup> base makes a tag and under hand flips to person that was just at 3<sup>rd</sup> base and makes a tag and then goes to SS (**PUTS BALL IN BUCKET BEHIND SS**)